

Hill Field

## CIGARETTE SMOKING

The evidence establishing cigarette smoking as the single largest preventable cause of premature death and disability in the United States is overwhelming. Even in the State of Utah where the smoking prevalence is one-half the national average smoking is a priority health problem. It is responsible for approximately eight percent of all mortality in Wasatch County and Utah.

Cigarette smoking is acknowledged as a major factor in the development of numerous cancers and chronic obstructive pulmonary disease. Smoking is associated with excess risk of heart disease and stroke, osteoporosis and stomach ulcers. In addition, smokers double or triple their risk of heart attack or sudden death compared to non-smokers.

Of increasing concern are the health effects of smoking on non-smokers. In 1986, the Surgeon General of the United States reported that involuntary smoking is a cause of disease, including lung cancer, in healthy nonsmokers. Children of parents who smoke are more likely to develop respiratory infections and have smaller rates of increase in lung function when compared to children of non-smoking parents.

Cigarette smoking during pregnancy is associated with increased risk of reduced fetal deaths, neonatal mortality, low birth weight and sudden infant death syndrome. Smoking is becoming recognized as "the single most powerful determinant of poor fetal growth in the developed world."

*Secondary  
Smoked  
in non-  
Smoker*

*SIDS*